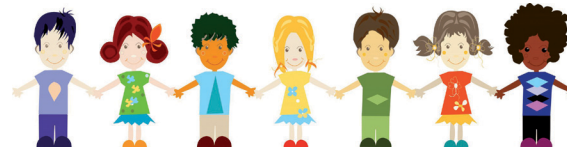


## What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to **S.T.O.P** if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

## School aims:

- To treat bullying seriously.
- To all work together to **S.T.O.P** bullying.
- To make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.
- To help everyone:
  - Get on well together.
  - Respect and understand each other.
  - Believe that everyone has the right to be who they are.



### Other places to get help, advice and information:

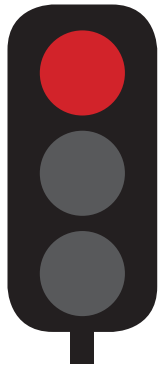
- **KIDSCAPE:**  
[www.kidscape.org.uk](http://www.kidscape.org.uk)
- **ANTI-BULLYING NETWORK:**  
[www.antibullying.net](http://www.antibullying.net)
- **CHILDLINE:**  
[www.childline.org.uk](http://www.childline.org.uk)  
or telephone: 0800 111 to speak to a counsellor. Calls are free and confidential.



St Mark's C of E Junior School



2020-21



# RED

## What is bullying?

One way to remember is . . . . .

**S**everal  
**T**imes  
**O**n  
**P**urpose



A bully is someone who hurts someone **MORE THAN ONCE**, by using behaviour which is meant to hurt, frighten or upset another person.



# AMBER

## What should I do if I'm being bullied?

Remember to . . . . .



**S**tart  
**T**elling  
**O**ther  
**P**eople



If you think you are being bullied, **YOU NEED A HELPING HAND!** Tell someone as soon as you can, a friend, mum or dad, teacher or any other adult.



# GREEN

## If you are being bullied:

Here are some . . . . .

**S**trategies  
**T**o  
**O**vercome  
**P**roblems



DO . . .

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care.
- Remember - it is **NOT** your fault.

DON'T . . .

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.

